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TO: POINT BOARD

May 1973

The time between my agents' reports is increasing. I am officially no longer an agent (that's only for one year) but I like the agent format so will continue doing it but on a less regular basis.

The last two months have resulted in a major shift of my daily schedule. I now run daily and on Sundays with Sharon and work on my book on Tuesdays and Thursdays. The running began in earnest in March. Up until than I ran one mile 2 - 3 days a week, occasionally two miles. Then I began running 3 - 4 days a week, always a mile and ½, often 2 to 3 with a run on Sundays as far as I could go through Golden Gate Park. The Sunday runs worked up from 3 miles to 4 miles, then after doing 4 miles about 3 times, I made it to 6 and was ecstatic. From 6 to 7½ to 8 was relatively easy. It's very exhilarating to be able to run that far easily. All of this was ostensibly to be able to run in the Bay to Breakers Race (it was Sunday, May 20th, 8 miles from the Embarcadero to the Cliff House) but was just a goal, like 4 miles was a goal in the progress to 8 miles.

Running when it becomes automatic (it takes me 1 - 3 miles to warm up) is a very special "state". It is not the same as meditation, although it is similar because there are no "thoughts". Running through the park I do not really <u>see</u> anything. I feel colors, I feel temperature changes from light warm to dark cool, I smell everything from salt air and horses to auto fumes and I hear fairly well. I feel the grade I'm running on and the surface quality. Singing is occasional, mostly to improve my breathing when I'm going up hill.

My learning to run had two important points in it: breathing and hills. Both were suggested by Dan Phillips and Dick Raymond. Breathing seems to require development of the diaphragm (generally considered part of the autonomic nervous system and hence undevelopable). When I started, my lungs gave out long before my legs; now my lungs would never give out first. Breathing seems to develop by learning to smoothly exhaust the lungs. I breathe out completely, but gently like sighing. This also does something with tension and seems to be related to the function of crying, sighing, laughing, singing, and coughing. Hills are important to run on because of two things; first, I learned the different muscles used in flat-hill running; second, you learn to "recover" your energy when you reach the top of the hill or a level part.

Over the two months there were two sore points. First, my chest muscles as my lungs changed, and second, my lower back as I started to run up hills. In all cases I follow Dan's dictum "don't run any farther than it feels good", particularly as it concerns muscles.

Out of the running have come three things. (1) the possibility of a bio-feedback clinic with Gay Luce and R. Raymond; (2) the Lulu Foundation of Bob Gnaizda to bring humor to the world; and (3) the Lulu Racing Association--open to everyone. It seems to be the outgrowth of a whimsical idea of Alvin Duskin's last year to form the "Fun Hogs", a group of people devoted to enjoying life.

Writing a book is much harder to do than I ever thought. The book will be published by Word Wheel, it is an expansion of the 7 Laws of Money. Salli Rasberry works with me, we edit as we go along; she is a great editor. I plan to split my royalties with POINT and hopefully continue the Stewart tradition of excess earnings going to non-profit activity.

I spent two days at the Library of Congress to see if anyone else had written a book like the 7 Laws. 3,900 titles, 51 that looked useful, 47 available (that's high compared to the U.C. Berkeley where I got 2 out of 20), and 5 of interest but none even similar. Great library. Two months to write the 1st draft, about 2 more to completion.

Spectacular victory. I (with lots of help and luck) beat the Bank of California. They settled. The most progressive affirmative action settlement in the U.S.! 60% minorities and women in management in 7 years, court jurisdiction for 9 years, minorities and women on the Board, ¼ million dollar scholarship fund for employees and some cash for me, the lawyers and the other plaintiffs I recruited. Bob Gnaizda and Public Advocates deserve credit. I'm giving a speech on the case to Bankers in September and will send copies of the speech.

More in the sex field. The sex research progressed, shows signs of developing new techniques for use in group therapy and psycho-analysis. Stewart introduced me to Heinz von Foerster who will help on Creative People Analysis and showed me how to build a 4 dimensional model in 3 dimensional space for use in Sex Research multi-dimensional programming.

Gave a grant to Margo Rila to work on Sex Advocacy. She's starting with S.F.S.I. and working on public ~~opinion~~ seminars on female orgasm and masturbation. Jessie Potter in Chicago, also a grantee in this field, opened a new office and pulled a victory. Got a quickie community survey of a cross section of Chicagoans viewing Deep Throat and used it to win the legal case there. Fast action, good planning, and a model of "sex advocacy".

Other success, Margo St. James, started her prostitutes union, Coyote, and it's growing, using its teeth and fun. Shes's spectacular on energy, wisdom, warmth and strategy.

San Francisco Survey due soon.

John Marlin and COMP (Council on Municipal Performance) pulled a super--nearly lynched the S.F. Police Chief. We may get improvement in local police.

Alice Tepper-Marlin got her S.F. office going, enormous help from Huey.

Jim Hoy pulled a coup at Standard Oil, he and Sheri Reson got a list of 15,000 shareholders who voted yes on our proxy issues. Using the best of Watergate, they photo-copied all the names on microfilm in 2½ days. Sheri is now a grantee working part-time on Jim's project and the rest on Bank charges expose/booklet for S.F. Consumer Action.

With Glide's letterhead, I got at least two companies to publish management employment data: Bank of America and Levi-Strauss.

Project on future Information Utility is emerging slowly but surely.

International Museum of Erotic Art is the best art museum in the Bay Area. Will have an important impact on society as a whole. Terribly powerful thrust at core cultural values. (Love and sex are not synonymous.)

See all the attachments if you have time.

Love,

Michael

Michael Phillips

MP/jw